TABLE AND KITCHEN.

Practical Suggestions About Food and the Preparation of It.

Blending of Ingredients.

time. The fleur, sait, leaking powder and made fight and smooth. spices (if used) should be theroughly sifted or mixed together in a bowl. If eggs are to. This method is employed when materials

None but Advertising of Thoroughly Re. . liable. Purc and Healthful Foods Will

ESTABLISHED 1870

Gladstone Bros. & Co. INDOMESUIATEDO

exclimporter of

Fancy Groceries,

Wines, Liquors and Cigars.

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************************* HYGEIA

HYGIENIC METHODS applied to the making and handling of all dairy products. That is the argument we offer you to use our goods. Every housekeeper wants good butter. There is such a thing as good butter and better butter and then there is

BEST BUTTER

Thirt's 'Hygeia.' A great many people know this to be true Others have not yet found if out. We want everyone in know it. If you are excepted come down to our creamer; and we will show you. 'Hygeia butter is made from absolutely pure pasturized cream. It is the only butter on this can be said.

Hygeia Creamery Co., Telephone 719. 1013 Jackson St.

6----preparations means to turn the ingredients Mixing and combining materials in proper over and over with a decided and rapid momanner is of prime importance, after they tion, allowing your mixing spoon or paddle Are carefully measured. Have all materials, to bring the under part to the surface with to be used near at hand and measured. a quick downward and upward stroke. In Have all uteneds ready before beginning op-this way a consciousble amount of air is in-trations. This saves blunders and waste of corporated into the mixture and the batter

Cutting and Folding.

be separated have a bowl for the yolks and such as besten whites of eggs or whipped a platter for the whites. Break each egg cream are to be added to a heavier mixture departiely, over a same, so that if the east in order to precent the escape of the air almost perfectly frosh or the yolk should be broken and mixed with the white, it can be been self another purpose or thrown set aside for another purpose or thrown gradually and with a scooled spoon or had-way without scotling the cage already separated. When ready to combine the materihottom of bowl, earlying the besten whites
Tomato Mayonnaise.
Or cream with the wendl, and turn over.
Currant Sponge, Vanilla Sauce. bringing to surface again, report this mo-

This necess to make it is the appear of the by using a creatar motion of the spoon or Inile details. Eyes a little knewledge paddle; ardening the similes as you blend gained in this direction is of con-materials into a selection mass. This is em-ployed to all context and is the first prin-often troubled and inxious bauscheeper that there is a right way of doing things. and immediately she resolves to find out the This term applied to bacters, eggs or board, many reasons "why" women are becoming · | more and more schools awake to the fact that there is an endiese amount to learn in this Wafers road field of domestic science. So much hat must come from the netual putting into eryday practice the many well conceived hearies and carrying them to a successful use under all conditions and surroundings It is one thing to odvance, from a scientific standpoint, a carefully resied theory in re-

THE ART OF LIVING

and appetizing and attractive.

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\$1,000 DOLLARS

Gettelman's Beer

This beer is well fermented, thor-nighty aged by the old-fashioned na-ural process and handled in the most apert and approved manner.

Wesson's Odorless

The Girl with the Frying Pan





ites that make the problem of right living so hard to solve.

MONDAY.

SREAKFAST.

Cream of Wheat, Sigar and Cream.

Scrambled Eggs. Stewed Potatoes.

White Corn Muthus. Coffee.

LUNCH.

Bealtoped Salmon.

Fited Tomatoes. Milk Biscuit.

Breades Cocos.

DINNER.

Cream of Potato Soup.

Breaded Cutlets, Tomato Sauce.

String Beans.

Beet Saisd Peas Cauliflower Beet Cantaloupe Coffee.

TUESDAY
BREAKPAST.
Granose Biscult Blackberries, Cream.
Tomato Omelet Fried Egg Plant,
Quick Parker flouse Rolls.
Coffee. LUNCH.
Eggs Canads. Brown Bread.

Eggs Canads Herry Fritters DINNER. Broiled Steak, Hot Horseradish Sauce.

WEDNESDAY BREAKFAST Browns Profit Cream Chorns Hashed Putators. Tonst

LUNCH, Health Bread, Lord Coffee Take. France Teath Bread.
DINNEH Toed Coffee.
DINNEH Toed Coffee.
Dinney Soup.
Licker For Pie. Laked Futatoes.
Tomatoes and Okra. Corn Fritters.
Lettues Salna. Change

Peach and Rice Puddings, Fruit Sauce, Coffee,

and quite different proposition when it comes bread tough steaks and greaty fried foods present. Practically all the fine butter an occupation much to her taste. And, in produced in Denmark at the present time less mischievous in their effect. Few ported from the United States. women, comparatively, have cooking schools collegiate course. But for a strange and ever, to milk and cream, it is coming into and living well, is in judicious unaccountable reason, the homely kitchen, very general use, and it is probably safe marketing. Where you buy is of as an institution of learning, is rated be- to say that in a few years the law will as much importance as what you low the esteem of the average woman compel the sale of pasteurized milk and buy and what you pay for it. We are led to wender at times whether cream to the exclusion of the raw product when it comes to food. You or not, cooking being a science of the as a sanitary measure for the protection want to know the surroundings highest order, this may not be the reason of the public health of the things you are going to why women do not take to it more readily eat. Notice the cleanliness of The artistic features, such as beautiful china. this store. Everything is fresh and table decorations, appeal at once to her mind, but the plain realities, the deep investigation into the constituent principles upon which everything depends in the way terest in her mind the necessity of the times as three pounds of beef. It is thoroughly

> Rectpes. Fried Spring Chicken (Southern Style.) -Cut a small chicken in four pieces; dip each piece quickly in ice-cold water, sea-For Groceries. son with salt and pepper and cover well with flour. Have bottom of frying pan well covered with hot fat. Lay the pieces of chicken in this and fry a deep rien brown on both sides. When done, drain and arrange on a hot platter; set where the meat will not get cold while you make the dressing or sauce. Take two tablespoonfuls of the fat remaining in the pan, place in a saucepan with two tablespoonfuls of flour, and stir to a smooth paste; then pour to one cup of good rich milk and stir constantly until it boils; season with half a teaspoonful salt and two dashes of white pepper. Let boil three minutes, then pour over the chicken and sprinkle a little

mirrord paraley over the whole.

White Mulling-Sift one and one half cups to eggs beaten to a froth. Bake in musiin ins

When tender drain and arrange on a disa of toast. Sprinkle with sair and pepper and serve with English drawn butter.

Potatoes au Gratin-Pare and purboil six medium-sized potatoes. When cold out into slices and put into a baking disa. Melt two tablespoonfuls butter in a saucepan; add same amount of flour and sur un it smooth; let cook a few intuites, then add a cup of milk or half a cupful of milk and half a cupful of white stock. Stir and cook until it boils up well. Remove from the fire; stir in the beaten yolks of two eggs and two heaping tablespoonfuls grated cheese. Season to taste with sait and cavenue. Pour this sauce over the potatoes, cover top with thin layer of bread crumbs and bake in a moderately hot oven until the potatoes are well done and a nice color on top. Serve from dish in which

they are baked. Frozen Fruit Pudding-Add half a cupful of sugar to one pint of raspherry juice and heat in a double boiler until sugar is dissolved. Moisten four level tablespoonfuls cornstarch in a little of the cold fruit juice and stir into the hot syrup. Stir

tomato; fill up remaining space with cream sauce; sprinkle the top with grated cheese place the pan on a muffin ring in a pan of the tomatoes are tender, but not broken,

Peach and Rice Dumplings-Wash a cup of rice and sprinkle it into a kettle of money back if it doesn't do all it claims. all the time until rice is tender, but not Drug Store, South Omalia. broken. Add a teaspoonful of sait after it has been builting some time. When rice is has been boiling some time. When rice is done pour into a columner to drain, let cold by a driverest in a Kansas city.

Water run over it a few minutes to blanca "You will bleas give the lettle boil 5 cents to train dry. Have places of muslin six inches square, wrung from cold water. In center of each piece put a tablespoonful of rice; spread it out, and in center place half of a peach, pared and stone removed, fill the hollow with rice; place other half. firmin dry. Have places of muslin six of peach on top, then take up the corners of the muslin squares and draw the rice around the peach, covering it thoroughly. Tie up, not too tightly, and place the dumpling in a steamer and cool half an good

hour. Serve with fruit sauce. Liver Terraph - Cut beef liver into slices
about one-quarter of an inch thick. Cover
with boiling water and simmer gently for
a roun up adult who is sike. with boiling water and simmer gently for ten minutes uncovered. Then cut into dice. Take two level teaspoonfuls butter and two level tablespoonfuls flour and ruh together to a smooth paste. Put in a saucepan over the fire and when melted add one cup of milk er half milk and half cream. Stir and cook until it begins to thicken. Mash the yolks of two hardboiled eggs, chop the whites of the eggs. Into small cubes and add both to the low cut off that indy's left ear on Saturday sauce with the liver and salt and cayenne to taste. Let come to a boiling point. Remove from the fire, add two tablespoonfuls of sherry and serve at once, This is a dainty way to serve cabbage, our readers-

as it is much more delicate than when boiled with the meat and rice as stewed cauliflower; and much cheaper. Select. small, hard, white head, cut it in quarters lay in cold water to soak for an hour drain, cut off the hard part and chop rather coarsely. But in plenty of boiling, saited water, leave immersed and boil for twenty minutes, or until tender; drain and turn into a heated dish; pour cream sauce over

Snow Pudding-Cover half a box of gelatine with cold water and soak ten minutes; pour over it two cups beiling water; add two cups of sugar and stir until disselved; then add he tuile of three lemons; strain through cheese cloth or fine sieve into an agate basin (do not use tin); set on ice or in a very cold place until perfectly cold and it begins to stiffen, then beat with the egg whip until as white as snow and stiff; beat whites of four eggs to a froth and stir into the pudding; wet a fancy mould in tee water, turn in the pudding and set in a cold place to harden, serve with vanilla sauce, made by benting the yolks of the four eggs together with half cup of sugar, add a quart of hot milk; cook in a double boiler until consistency of thick cream; remove from the fire; add vanilla and set away to cool. This makes a large quantity.

Pasteurizing Dairy Products. This process was named in honor of Pasteur, who first used the methods exclusively in France in preserving liquors from fermentative changes. Two condi-Cheese, tions are sought after in pasteurization. one, the annihilation of growing bacteria; the other, avoidance of a cooked flavor. Dyspepsia, insomnia and the attendant As applied to milk and cream it consists evils resulting therefrom have become so simply in heating the product to 150 or 155 prevalent as to arouse the feminine mind to degrees P and then cooling as rapidly as the fact that in self-preservation it her possible to 60 degrees or lower. The dehooves her to seek no longer for remedies, struction of germ life improves materially Be Accepted for These Columns. standpoint, a call'unit and but for a radical cure, as she does not find the keeping qualities of the product, and or feeding the leithan body but another that nursing the victims of sour, heavy also eliminates diseased bacteria. If sently arrand in a knowledge of the close fact, she might be made more agreeably em- is made from pasteurized cream. This relations sections between fools, occupation, played in learning how to make the bread butter commands the very highest price in a more reliable staff of tife, the same steak the English market and selfs for 5 cents tender and toothsome and the fried foods per pound more than the best butter ex-

While the process of pasteurization t within their reach, but the kitchen is a uni- very simple, yet, it involves considerable retsol institution, embracing a scientific expense and special apparatus, and probalaboratory of no mean scope, wherein she bly for this reason it has not been genmay gain knowledge of more things than erally practiced in this country in the ever yet dreamed of in her philosophy or a monufacture of butter. As applied, how-

Equals Three Pounds of Beef.

Those who desire a tempting and nutri tious meal that can be served in a second at cost of 1 cent a person should buy Gran ola. It has a rich, nutty flavor, One of health, do not excite the degree of in- round package contains as much nutrition cooked and ready for immediate use with the addition of truit juice or milk.

Renders of this paper who will send the name of a grocer who does not sell Granola to the Sanitarium Food Co., Battle Creek. Mich., will receive a free sample. In ordering of your grocer be sure that picture of the Battle Creek Santarium 1 on each package. The genuine Granola

EDUCATIONAL NOTES.

Princeton opened with a freshman class of nearly 400, the largest in its history, The youngest of all professors at the uni-ersities of Germany is Dr. Siegfried leischel, who was recently appointed to a hair in the law department of Tubingen, he is only 19 years old.

The Landon school heard is responsible for the education of a population more than double that of Dermark or Gresce, larger than that of Scotland, and only exceeded slightly by that of Bayaria and Holland. white Muning—Sift one and one-half cups of flour, half cup sugar and one-half cup baking powder and half a teaspoonful sality together until thoroughly mixed. Then add stogether until thoroughly mixed. Then add about half a cup of water and beat smooth. Soften one tablespoonful of butter and mix well into the batter. Give it a vigor us beating; then fold in the whites of three linearity and has been a preacher to it inversity and has been a preacher to it.

or rings.

Summer Squash (with Melted Butter)—
Two summer squashes, peeled and cut into eighths, removing seeds if they are larger boil in salted water for twenty minutes.

When the salted water for twenty minutes.

Man, and the recent session of the Protestant Enlies and Church at Emporia, Kan., and not seemed was made that the sum of galaxy had been donated to the college of the Sisters of Belliamy at Topeka. The money be a legacy from the late Felix R. Brunot and his wife of Pittsburg, Pa.

Observation of 7.00 pusils by the child-study department of the Chiacgo schools has resulted in the conclusion, embraced in a report, that the average large pupil is brighter than the small one," and "that the larger, stronger and heavier the pupil the higher will be his standing in school." the bigner will be his standing in school."
Dr. David P. Burrows of the San Diego (Crix State Normal school, has been appointed assistant superintendent of public instruction for the Philippines. He is probably the youngest man to be appointed to an administrative position in those splands, but has already won distinction as an authropologist.

an authropologist.

The Yale boys must be great letter-writers. A sub-station of the New Haven postedice has just been established at the university, and the pestmaster estimates that the mult of Yale students and profes-sors above that will pass through it will equal that sent through offices in towns of 12,666 to 15,600 lonabiliants.

Max Schoenfeld, a former Philadelphian, but now a resident of Rorschach, Switzerland, has given \$10,000 to the National Farm school of Dovlestown, Pa., to be used in the puchase of farms, which are to be rented to graduates of the school, thereby giving hem an opportunity of practically lemenstrating the value of the instruction hey have received and the capability of he Hebrew couth to support himself by nears of agriculture.

The last official report gives ist public constantly until it thickens. Hemove from the fire and when cool enough fold in the whites of three eggs besten to a stiff froth. Fill a mould cover closely and pack in ice and coarse salt for two hours. Serve with sugar and cream or vanilla sauce.

Eggs Canada—Select large, firm, ripe tomatoes, remove the skins without scalding. Cut a slice from the stem end and remove the core and seeds. Set them on a buttered, flat baking dish. Break an egg into each tomato; fill up remaining space with cream.

The manufacturers of Hanner Salve have hot water; set in the oven and bake until authorized the undersigned to guarantee P. for burns, cuts, sores, ulcers, tetter, eczema and all shin diseases. You have your boiling water, keeping it boiling rapidly Myers-Dillon Drug Co., Omnha; Dillon's

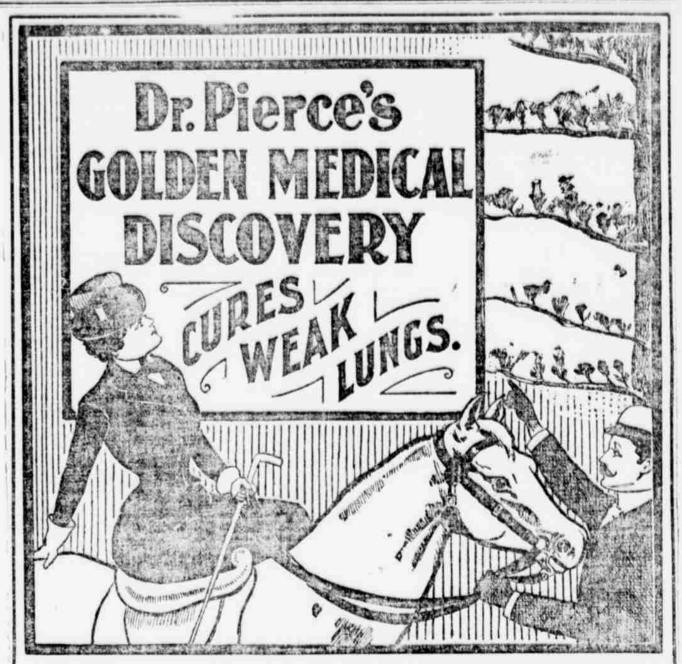
Queer Orders for Booze.

My little babey has eat up In father's All little bates has eat up its father's arish pleather. Send an aveelote quick as assisting by the enclosed gir!. "I had a hat time in my fockles and wich would like to be extinguished. What is good for to excluding it." The increased many is for the price of the extinguisher. Jury pleas.

The News from Adams' Point.

last.

The delating club broke up in a rew Thursday night. We have not learned what the damages were, "There is the news this week, for the absence of which we ask the indulgence of



"GO SOUTH," SAYS THE DOCTOR,

"Change of climate is the only thing that will help your lungs." To many a sick man and woman those words are equivalent to a death sentence. Go South? How can they when the husband's wage is needed to support the home? Go South? How can the mother leave her babes alone and helpless? If change of climate is the only hope, then there is no hope left. But is it the only hope There are thousands of people, sufferers from bronchitis, asthma, obstinate deep seated coughs, bleeding from the lungs, and other symptoms of pulmonary disease, who have found a cure at home by the use of Dr. Pierce's Golden Medical Discovery. It would be impossible to exaggerate the wonderful character of some of these cures. Take the case of Miss Rose Reed, given below. An attack of pneumonia results in an abscess of the left lung. In five weeks the physician gives her up, tells her she is going into consumption, and cannot live to see another spring. She is so weak she cannot lift her head from the pillow; so emaciated that she weighs only ninety-five pounds. The physician's diagnosis, "Consumption," is borne out by the conditions. But the forecast of the patient's future was wrong. She got well, by the use of Dr. Pierce's Golden Medical Discovery. There are thousands of such cures on record at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y. As chief physician to this great Institute, Dr. R. V. Pierce, assisted by his staff of nearly a score of skilled specialists, has made a record of ninety-eight per cent. of cures. This record covers over thirty years of practice and the treatment of hundreds of thousands of patients. It can be confidently said of "Golden Medical Discovery" that it always helps, and almost always cures.

"SAVED FROM AN UNTIMELY GRAVE."

Miss Kate V. Reed, 514 Park Avenue, Lafayette, use was continued until she had taken seven and a Indiana. "In February, 1898, she was prostrated by | half bottles of the 'Golden Medical Discovery,' and an attack of pneumonia which (after several weeks) one of the 'Favorite Prescription,' when she declared resulted in an abscess of the left lung. After the herself cured, giving all the credit to Dr. Pierce's disease had progressed about five weeks her phy- medicines. And now when she hears anyone comsician gave her up, saying that she was going plaining, no difference what the ailment, her advice into consumption, but it might be possible that as is, 'Take Dr. Pierce's Golden Medical Discovery and spring advanced she would improve, but with the you will soon be all right. It cured me when other return of winter the disease would renew itself and remedies failed." fiting our sister, Rose. After writing to Dr. Pierce | work steadily at her vocation-dressmaking. for advice we began using the medicine, and before "We shall always feel grateful to you, believing that many doses had been taken we noted an improvement your treatment saved her from an untimely grave,"

"I deem it my duty to inform you concerning the | in her condition. After using one bottle she was able wonderful restoration of my sister's health," writes to sit up in a chair for an hour or two at a time. Its

she could not possibly see another spring time. At | "At the time she commenced taking your medithis juncture another sister, residing several miles eines she was so weak she could not raise her head distant, came to visit her, bringing with her a bottle from her pillow and she was so emaciated that her of Dr. Pierce's Golden Medicai Discovery. She had weight was only ninety-five pounds; she now weight great faith in the residence and had hopes of its bene- one hundred and twenty pounds, and she is able to

IT MEANS YOU. You are invited to consult Dr. Pierce by letter FREE, if you are suffering from disease in ehronic form. Correspondence strictly private WRITE TO-DAY.

and

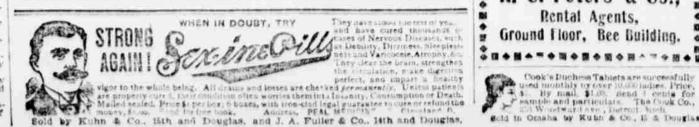


The Richard Cobden 5-cent Cigar is an honor-not a reproach, to the memory of its name-sake-the man who, Disraeli said, was

"an honor to England. IT IS A PIECE OF GOODS THAT IS AN HONOR TO ITS MAKER.

Richard Cobden reduced the cost of bread in England from five pence to two pence a loaf. The RICHARD CORDEN eigar reduces the price of a ten cent domestic cigar to 5 cents.

Try it and you'll see the point. PAXTON & GALLAGHER CO., GMAHA,



"Krug Cabinet"

If not, you have missed a good think This exquisite mait beverage stands on a unique basis. It sells itself. Its fame and reputation is the envy of many. The palate, the beneficial results achieved "within" the inner man are the only and real judges of its merits. Approved of by them, it triumphantly enters innumerable households. Where Cablnes enters, doctors and drug

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being in the best building in town.

Cook's Duchess Tablets are successfully used monthly by over 10.000 ladies. Price, 5. By mail, \$1.05. Send 1 cents for sample and particulars. The Cook Co., 251 Westward ever, Detroit back. Cook's Duchess Tablets are successfully Sold in Omaha by Kuth & Co., in & Douglas.